

Healthy Weight-loss Tips



1. Start your day with a good breakfast!
 - Should be a complete meal - one that contains complex carbohydrates, protein, fat, vitamins, minerals and trace elements. Use food as fuel by starting with it first.
2. Take a multi-vitamin/mineral at least once per day.
 - Supply the needs of the appetat in order to avoid deficiency cravings. Fulfill nutritional needs and cover your minimum daily requirements.
3. Drink plenty of water.
 - Seventy percent of our body weight is water; ninety-two percent of our bodily processes need enough water to perform properly. Our bodies will retain water if we are dehydrated.
4. Eat more raw fruits and vegetables.
 - Enzymes contained in uncooked fruits and vegetables help us convert food to usable energy.
5. Decrease consumption of starches and simple sugars. (pasta, breads, potatoes, rice and empty calories)
6. Eat less dinner.
 - If you are not very active after dinner, most of the calories consumed will be stored for future use.
7. Eat well at least 5 days each week.
Eat fairly well the other 2 days.
Eat whatever you really want 1 dinner each week.
Eat a light dessert no more than twice per week.
8. Snack on fruit, yogurt, pretzels, trailmix, cold veggies, unbuttered popcorn, baked chips, crackers, etc.
9. Eat Mindfully! Do you want to add this food to your body? What will it do for you? How will it make you feel? (physically and emotionally).

Healthy weight loss should not exceed 2.5 pounds per week.